



June 7 - 9, 2002

The Eastover, Lenox, MA

A Weekend of Outdoors Skills for Women

**Thank you to the following organizations which are proud to sponsor
Becoming an Outdoors-Woman.**

Massachusetts Sponsors: Mass. Div. of Fisheries & Wildlife • Canyon Ranch • Gun Owners' Action League • H & R 1871, Inc. • Mass. Bowhunters Association • Mass. Sportsmen's Council • Mass. State Chapter - National Wild Turkey Federation • Mass. Wildlife Federation • Friends of the National Rifle Assn. • Rocky Mountain Elk Foundation • Safari Club International, N. E. Chapter • Smith & Wesson, Inc.

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Becoming an Outdoorswoman

Becoming an Outdoorswoman is a workshop focused on the learning of outdoors skills — skills usually associated with hunting and fishing, but useful for many outdoor pursuits. Designed primarily for women, it is an opportunity for anyone 18 years of age or older, and is for you if ...

- 🍷 you have never tried these activities, but want an opportunity to learn,
- 🍷 you are a novice who would like to improve your skills,
- 🍷 you have tried some of these activities but would like to try new ones,
- 🍷 you are looking for the camaraderie of like-minded individuals.

Workshop Offerings

Friday A.M. (Pre-Session 9:00 - 12:00)

Introduction to Firearms — Learn the basic actions of a variety of firearms, safety, proper handling techniques in the field as well as cleaning and storage. **THIS IS A REQUIREMENT FOR ANYONE TAKING A SHOOTING WORKSHOP WHO HAS LITTLE OR NO PREVIOUS FAMILIARITY WITH GUNS.**

Friday P.M. (Session I)

- A. Basic Fishing** — Learn the art of catching fish. Topics include fishing gear, fish habits and behavior, and reading the aquatic landscape.
- B. Beginning Rifle** — The .22 rifle is the easiest firearm for beginning shooters. If you think you might like target shooting but you aren't quite sure, this session is a good place to start.
- C. Archery** — For skill and precision training, few sports can compete with archery. Rain or shine our instructors will get you on the bullseye in short order.
- D. Kayaking** — Try your hand at one of the fastest growing sports in the nation. Enjoy gliding swiftly and silently through the water. Be prepared to get wet. Limit 10.
- E. Map & Compass** — Learn to read simple maps and use a compass to find your way through fields and forests.
- F. Birding for Beginners** — Get involved in an exciting new activity which you can practice anywhere. Find out about binoculars, field guides and our local birds!
- G. Hiking/Backpacking** — Prepare for and take a comfortable hike in Eastover's woods and learn about preparing for a longer venture.
- H. Low Ropes Course** — Step out of your "comfort zone." Challenge yourself and others to do things that at first seem impossible. Set goals that become attainable through teamwork, learning and self-confidence. **There is an additional charge of \$10 for this workshop.**
- I. Edible Wild Plants** — "Gather ye rosebuds while ye may," along with marsh marigolds, cattails etc. Russ Cohen has many decades of experience teaching about and eating wild plants. Learn to find, identify and prepare delicious wild snacks.
- J. Introduction to Firearms** — Repeat of Pre-Session.

Saturday A.M. (Session II)

- K. **Basic Fishing** — Repeat of session A.
- L. **Fly Fishing I** — This is a beginners workshop which will take place on the grass. Participants will become familiar with basic fly fishing equipment and become proficient in the 30' cast. Also, learn the basic fly types and how to use them.
- M. **Beginning Shotgun** — Shotguns are the firearm of choice for hunters in Massachusetts. Learn to hit a moving target — clay pigeons in use. The techniques you will learn apply to many types of targets including game.
- N. **Reading Wildlife Sign** — Learn how to spot and identify tracks, scat, hair and other often subtle clues that record the daily lives of wild animals.
- O. **Archery** — Repeat of session C.
- P. **Canoeing** — Learn to paddle your own canoe in this “on-the-water” session. This session is for beginners. Limit 10.
- Q. **Backwoods Survival I** — This two-part, hands-on class will introduce you to attitudes and skills needed to gracefully manage a “surprise” stay in the woods. What to do before you set out, what to take and why, prioritizing your needs and actually building a debris hut and a cozy fire.
- R. **The Nature of Self Defense** — Cultural stereotypes still portray women as victims, incapable of self defense and dependent on others for protection. In this fun and non-threatening workshop we will affirm our right to self-preservation, differentiate between fear and anxiety and practice simple, effective techniques of self defense.
- S. **Talk to the Animals** — Calling can bring many animals, particularly birds, close to your binoculars, gun or camera. Learn how to attract songbirds, turkeys, ducks and more.
- T. **Low Ropes Course** — Repeat of session H.

Saturday P.M. (Session III)

- U. **Blackpowder Shooting** — The flintlock and caplock were the firearms of colonial days. Steeped in tradition, they are still in use today. Try this exciting skill.
- V. **Fly Fishing II** — Participants will use their casting skills at a lake or pond. With luck they will have a chance to practice hooking, landing and releasing fish.
- W. **Beginning Rifle** — Repeat of session B.
- X. **Basic Handgun** — Handguns provide exciting options for precision shooting. Brush up your skills and learn a new (possibly competitive) sport.
- Y. **Turkey Hunting** — For many hunters the art of finding and attracting this ultra-wary bird is the ultimate challenge. Whether your aim is to call in a bird and watch it or to put one on the dinner table, this session will help you to meet the challenge.
- Z. **From Field to Kitchen** — Tender and tasty game depends on proper cleaning and handling. Learn to dress and care for your game for the finest eating. Gourmet chef Jan Dizard and class will prepare hors'doeuvres which you can re-create at home.
- AA. **The Nature of Self-Defense** — Repeat of session R.
- BB. **Backwoods Survival II** — Continuing from the morning session, this session will cover signalling for help, obtaining water, foraging for food, finding directions without a compass, emergency first aid and dealing with wildlife.
Prerequisite: Backwoods Survival I.
- CC. **High Ropes Course** — This is a challenge of trust and skill. You can do it! (Additional \$10 fee)

Sunday A.M. (Session IV)

- DD. Fly-Tying** — This session, taught by a group of passionate fly fishermen, will explain macro-invertebrates and minnows, demonstrate wet and dry flies, and lead the participant through making a fly of your choice.
- EE. Nature Photography** — Learn to compose a picture, control depth of field and other helpful tips to improve and enhance exposures. Then put your photographic skills to use in the field in a variety of habitats.
- FF. Outdoor Cooking** — Build a “one-match fire” and prepare an unusual but delicious outdoor lunch under the guidance of artist and outdoor gourmet, Randy Julius.
- GG. Critters People Love to Hate** — Many people fear snakes, lizards, spiders or bats. Why do some people love these animals while others are terrified? Learn more about them. We’re convinced you’ll lose any uneasiness you may have.
- HH. Canoeing II** — For the paddler with a bit of adventure and stamina this is a half day adventure passing along some of the most scenic portions of the Housatonic River.
- II. Plants for Wildlife** — Survey your site, know your natives and plan your property. Make your property more (or less) attractive to wildlife. Limit 12.
- JJ. Five Stands at Sporting Clays** — If you enjoy shotgun, learn more about trap, skeet, and five-stand. Prerequisite: Basic Shotgun or equivalent.
- KK. Bass Fishing** — End the workshop with a chance to try your fishing skills from a boat. Successful anglers will have a tasty fish to take home.
- LL. The Way to the Westward Sea** — Immerse yourself in the Living History of the Lewis & Clark Expedition and learn how they travelled, camped and survived as they used the New England area as a staging ground for their great westward venture.
- MM. Introduction to Dog Training** — This is an introduction to selecting a gun dog with hands-on demonstrations of retriever training and information to get you started in training your dog.

Registration Form

Becoming an Outdoorswoman in Massachusetts June 7 - 9, 2001

Use this form to register.

Complete and send enrollment form and fee to:

Becoming An Outdoorswoman

Massachusetts Division of Fisheries & Wildlife, 1 Rabbit Hill Road, Westboro, MA 01581

Make checks payable to: **Becoming an Outdoorswoman/MSC.**

Participants must be 18 years of age or older. There is no age maximum. Only one person may register per form. Please photocopy for additional registrations.

Sorry, we cannot accept registrations by fax or telephone. **Deadline for registration is June 3.**

Name: _____

Phone: Day _____ Evening _____ E-Mail _____

Address: _____

City/State/Zip _____

I learned about the BOW workshops from: _____

Special dietary and food allergy information: _____

_____.



Registration Fee: \$275 \$_____

or with

"Mother/Daughter" Discount: \$245 each \$_____

Single Room*: \$ 25/Night \$_____

Low Ropes Course*: \$ 10 \$_____

High Ropes Course*: \$ 10 \$_____

T-Shirt*: \$ 12 \$_____

(Specify M, L or XL)

Total Amount Enclosed: \$_____

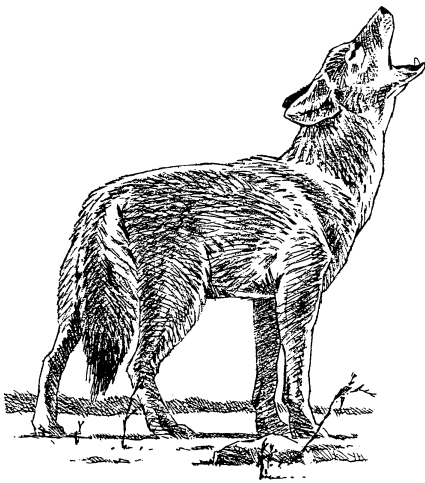
**Optional Selection*

(Check or Money Order)

The applicant, by signing below, recognizes that the program involves some risk and that she takes responsibility for all action or injury that may result by participating. Participants understand that photographs may be taken during the sessions and may be used in future support of the program.

Signature _____

Visit our website at: www.masswildlife.org



Please Read Carefully

Workshop Fee: Workshop Fee includes instruction, program materials, use of demonstration equipment, transportation to off-site sessions, seven meals, and two nights lodging. The fee for the weekend is \$275.00 per person. Sign up early as registration is limited. Coming with a family member? You may be eligible for a special discount — see below.

Upon receipt of your registration and payment, you will be sent a confirmation letter with a map to the Eastover Resort and a list of appropriate clothing and equipment. Participants are encouraged to bring cameras and binoculars.

Cancellation Deadline is May 31: If you are unable to attend, you may transfer your registration to any other person who wishes to attend the workshop. If you must cancel a reservation before May 31, you will receive a full refund. After that date, if your slot can be filled from the waiting list, you will receive a full refund less a \$50 processing fee. Registrants whose slots cannot be filled or who do not notify the BOW office will be assessed the full program fee.

Lodging: Eastover has a beautiful series of lodges and cabins situated on 1000 acres of fields and gardens adjacent to October Mtn. State Forest. Most rooms are doubles. A limited number single rooms are available for an additional \$25.00/night. All lodging is non-smoking unless otherwise requested.

Preferences: Early To Bed or Night Owl (please circle one)

Roommate request (if any) _____ .
(not requesting a roommate is a great way to meet new people)

Meals: Let us know of any special diet, lactose intolerance, food allergies or requests for vegetarian meals.

Registrations will be processed in the order received by the postmark on the envelope with preference given to those who have not attended a “Becoming an Outdoors-Woman” workshop in Massachusetts. Mail your registration forms as soon as possible to ensure participation in the sessions of your choice!

Scholarships: A number of partial scholarships are available. Applicants will be required to pay \$140. Please send your written request for a scholarship along with a check for \$140 and registration materials to the BOW workshop address. Preference will be given to full-time students and single-parent households. Please include a written paragraph, “Why I want to Become an Outdoorswoman.”

Family Discount: a 10% discount will be given on any Mother/Daughter, Grandmother/Granddaughter or Sister registrations.

Course Choices

Concurrent Sessions - Choose your courses by indicating your first (1) and second (2) choices for each session. **Deadline for registration is June 3.**

Pre-Session: Friday A.M. ☐ Introduction to Firearms

Session I: Friday P.M.

- ☐ A. Basic Fishing
- ☐ B. Beginning Rifle
- ☐ C. Archery
- ☐ D. Kayaking
- ☐ E. Map & Compass
- ☐ F. Birding for Beginners
- ☐ G. Hiking/Backpacking
- ☐ H. Low Ropes Course (Add \$10)
- ☐ I. Edible Wild Plants
- ☐ J. Introduction to Firearms

Session II: Saturday A.M.

- ☐ K. Basic Fishing
- ☐ L. Fly Fishing I
- ☐ M. Beginning Shotgun
- ☐ N. Reading Wildlife Sign
- ☐ O. Archery
- ☐ P. Canoeing I (for Beginners)
- ☐ Q. Backwoods Survival I
- ☐ R. The Nature of Self-Defense
- ☐ S. Talk to the Animals
- ☐ T. Low Ropes Course (Add \$10)

Session III: Saturday P.M.

- ☐ U. Blackpowder Shooting
- ☐ V. Flyfishing II
- ☐ W. Beginning Rifle
- ☐ X. Basic Handgun
- ☐ Y. Turkey Hunting
- ☐ Z. From Field to Kitchen
- ☐ AA. The Nature of Self Defense
- ☐ BB. Backwoods Survival II
- ☐ CC. High Ropes Course (Add \$10)

Session IV: Sunday A.M.

- ☐ DD. Fly Tying
- ☐ EE. Nature Photography
- ☐ FF. Outdoor Cooking
- ☐ GG. Critters People Love to Hate
- ☐ HH. Canoeing II
- ☐ I I. Plants for Wildlife
- ☐ JJ. Five Stands/Sporting Clays
- ☐ KK. BassFishing
- ☐ LL. The Way to the Westward Sea
- ☐ MM. Introduction to Dog Training

Sequential Courses to Help You Gain Expertise:

- ☐ **Two part Ropes Course (all day Saturday)***
*This option replaces Sessions II and III.
 - ☐ **Two part Fly Fishing Course (all day Saturday)***
*This option replaces Sessions II and III.
 - ☐ **Two part Backwoods Survival Course (all day Saturday)***
*This option replaces Sessions II and III.
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